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Ottawa metro
Your essential daily news | WEEKEND, APRIL 21-23, 2017
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METRO take action EARTH DAY 2017
• Show some love this weekend, Ottawa
• Save the whales — in B.C.
• Where's the reef?

GONE UNDER

Rising Ottawa River swallows Parliament Hill pathways whole

metroNEWS

RYAN TUMILTY/METRO

'We would like to see vacancy controls too'

HOUSING

Rent-control measures not enough, tenant advocates say

Ryan Tumilty
Metro | Ottawa

Advocates for tenants say the provincial government didn't go far enough with expanded rent controls, while landlord groups charge that the new measures will kill the rental market.

The changes, which the Liberal Ontario government announced on Thursday, include limiting annual rent increases to around two per cent for buildings built after 1991. The existing rent-control rules applied only to pre-1991 buildings.

Stephenie Graham, co-chair of the Ottawa Vanier chapter of Acorn, which advocates for low-income families, said that tenants got a little bit more protection but that the government still isn't doing enough.

"It's good news for the tenants that are now being protected, but we would like to see vacancy controls too," she said.

When tenants move out, landlords will still be able to increase rents to whatever level they want. Graham said that should be controlled.

David Lyman, vice president of the Eastern Ontario Landlords Organization, said rent controls hurt everyone in the end, because landlord and developers don't build new rental units.

"It will stop individuals from renting out units. It will stop developers from building new units."

He said some landlords will get a tenant into a rental unit at a price that doesn't even cover costs at first, but they won't do that if they know they will be locked in.

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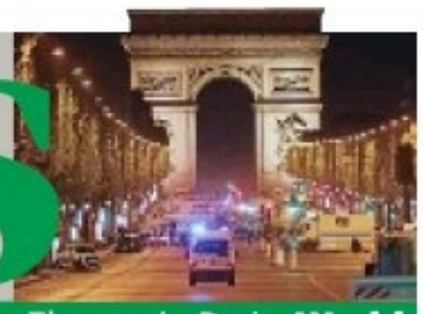
metro NEWS

Your essential daily news

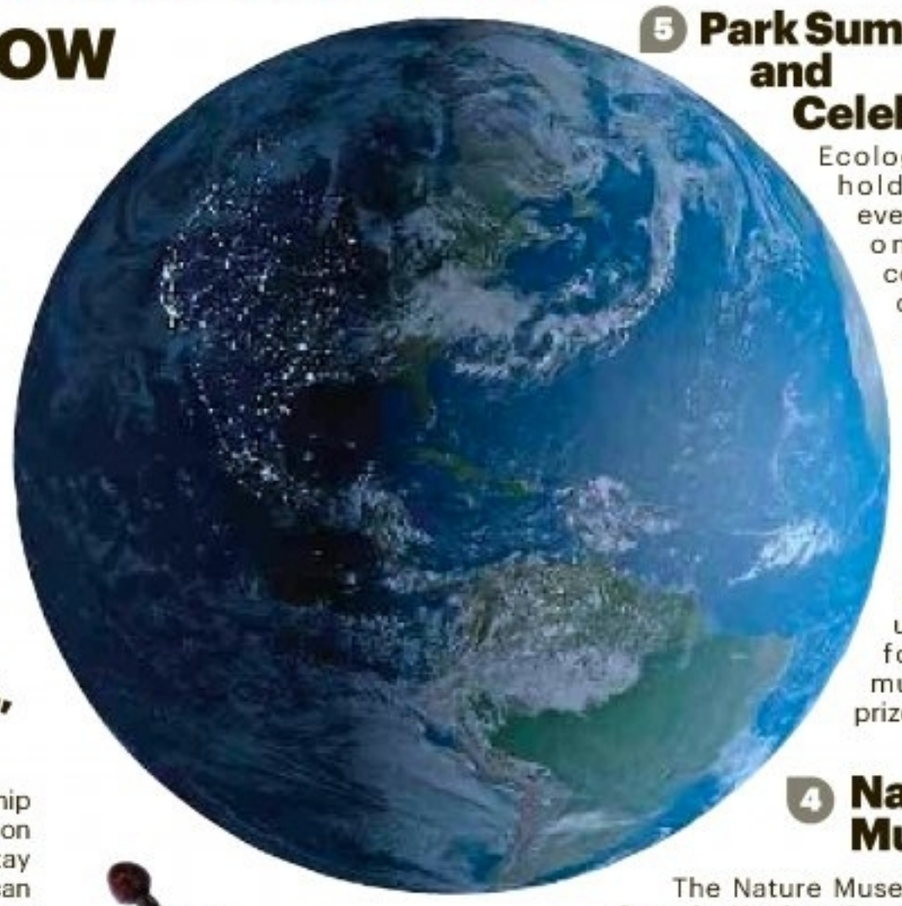


Daesh claims responsibility for shooting attack on Champs Elysees in Paris. **World**

METRO *take action* EARTH DAY 2017

5 WAYS TO SHOW YOUR LOVE FOR THE EARTH THIS WEEKEND

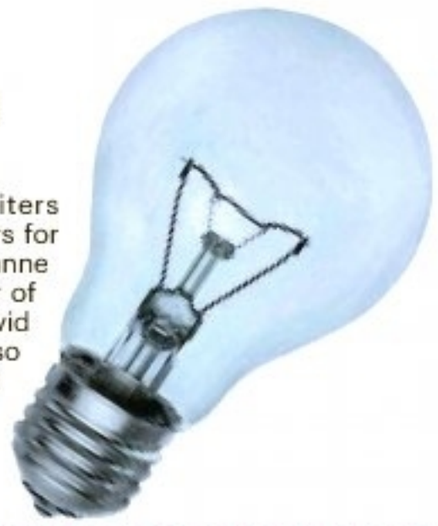
In honour of Earth Day Saturday, Metro has compiled a roundup of ways to both appreciate and protect nature. **HALEY RITCHIE** METRO



1 Drop off tires, electronics

The Ontario Tire Stewardship wants your old tires to live on as new products and stay out of landfills. Old tires can be dropped off at Hazeldean Mall on Saturday from 11 a.m. to 3 p.m. Old electronics can also be reused: drop them off from 8 a.m. to 1 p.m. at Connaught School.

2 Writers Festival Earth Day talk



The Ottawa International Writers Festival is hosting three authors for an Earth Day talk, including Leanne Betasamosake Simpson, author of This Accident of Being Lost. David Suzuki and Ian Hanington will also discuss their book, Just Cool It! Check it out at 6:30 p.m. at Christ Church Cathedral on Sparks Street.

3 Ottawa Orchid Show

Admire some of mother nature's finest work at the Ottawa Orchid Show this weekend at the RA Centre. The show goes from 12 p.m. to 5 p.m. on Saturday and 9 a.m. to 5 p.m. on Sunday. Adult admission is $12.

4 Nature Museum

The Nature Museum is thinking about the North on Saturday with a giant inflatable polar bear, botany tent and scavenger hunt, Inuit games and a giant walkable map of the Arctic. The activities take place from 10 a.m. to 4 p.m. and require museum admission.

5 Park Summit and Celebration

Ecology Ottawa is holding its first ever Park Summit on Saturday, celebrating and discussing what makes a great public park. The summit takes place from 1 p.m. to 5 p.m. at Makerspace North, followed by an Earth Day Celebration until 9 p.m. with food, drinks, music and door prizes.

PUBLIC TRANSIT

Light rail project will miss deadline

Drew May
For Metro | Ottawa

Aboveground construction on downtown Ottawa's light-trail line (LRT) will go past the city's original June 1 deadline.

Previously, the city had said downtown construction would be finished by the summer, in time for Canada 150 celebrations and Canada Day.

John Manconi, the city's general manager of transit services, said the delay is due in part to the sinkhole that opened up in front of the Rideau Centre in June 2016. Manconi said there will still be pavement sidewalks on Rideau Street, rather than permanent ones.

> **"It's just one of those things, there's not much you can do.**
> Brenda Burton

Some downtown businesses say they're suffering financially because of the ongoing construction. Brenda Burton, general manager of Letellier Shoes, said the construction has been very harmful to her bottom line.

She said the setbacks means further decline in the number of customers through the door.

"It's just one of those things, there's not much you can do about it," she said. "Just grin and bear it. Complaining about it's not going to change anything."

TIMELINE

Steve Cripps, director of O-Train construction, said via email that more information on the state of construction will be provided to the mayor and city council in the next 90 days.

PROTEST

Scientists march in solidarity with U.S. colleagues

Tamar Harris
For Metro | Ottawa

Ottawa scientists are taking to the streets to support their American colleagues.

Scientists and supporters across the globe are participating in a March for Science this weekend. The Ottawa march is in support of American scientists who participants say are being targeted by anti-science policies and politicization.

Katie Gibbs, executive director of Evidence for Democracy, said the idea for the march arose when President Donald Trump was inaugurated.

"Right out of the gate, there were a lot of anti-science policies," Gibbs said.

March participants are concerned about funding cuts, muzzling scientists' ability to communicate with the public and the removal of climate change mentions from the White House website.

Gibbs said anti-science policies in America will impact Canada because of the countries' close relationship.

"Especially in Canada, our researchers work so closely with American researchers that these kinds of policies in the U.S. are going to affect science in Canada," Gibbs said. "Science itself is very much a global, international effort. Political boundaries don't really affect it — at least they shouldn't."

The march will also celebrate science in Canada, while acknowledging that there is still room for improvement.

"It's showing politicians and the public that scientists are still engaged, still willing to come out to marches, and that they're still looking to see more progress," said Gibbs.

The March for Science will take place on Parliament Hill on Apr. 22, coinciding with Earth Day. There will be 500 marches globally and nearly 20 across Canada.

Anti-abortion protests are dealt with, police say

CRIME

Chief Bordeleau replies to critics, says clinic must take initiative

Drew May
For Metro | Ottawa

Ottawa's chief of police has responded to criticism that his department is not doing enough to protect the city's Morgentaler Clinic from anti-abortion protesters.

Charles Bordeleau said in a statement that police are aware of the situation and have been dealing with it for years.

He said police have again reached out to the clinic's management about protesters who gather outside the clinic's Bank Street door.

Bordeleau said that if the clinic wants to have a "bubble zone" enforced it would have to go through the court system.

"That is something we simply do not have the authority to grant as a police service," he said. The statement appears to be responding to a Torstar News Service column that criticized Ottawa police for not doing more to protect the clinic. In the article, columnist Heather Mallick said the protesters can be threatening to women entering the clinic.

> **We are very aware of the issues at that location and have been working for years to deal with ongoing demonstrations there.**
> Police Chief Charles Bordeleau

She said that protesters ignore a bylaw requiring them to stay on the sidewalk opposite the clinic's entrance. She also said the police do not properly enforce this bylaw.

Bordeleau said that bylaws are meant to apply not to individual protesters but to large-scale rallies.

Mallick's article was posted on Reddit.com, where it received more than 270 comments. Some commenters said they would contact their members of Parliament about the issue.

Bordeleau said the police would continue dialogue on the protest issue to ensure the safety of those involved.

MEDICINE

CDEC recommends abortion pill coverage

Alex Abdelwahab
Metro | Ottawa

In a new report released Thursday, the Canadian Drug Expert Committee (CDEC) recommended that drug plans cover the cost of the abortion pill.

The pan-Canadian advisory body, which considers a drug's safety, effectiveness and value for money compared to other treatments, reviewed Mifegymiso, a two-drug combination commonly known as the abortion pill, during its March 15th meeting. Now it's up to individual provinces to decide if they will cover the drug under their respective plans.

The Ministry of Health will wait to see whether jurisdictions across Canada pursue a joint-negotiation of the drug's cost, under the pan-Canadian Pharmaceutical Alliance, before making a decision, spokesperson David Jensen said in an e-mail.

NDP health critic France Gélinas said she thinks it's wise for the province to go through the negotiation process to get a fair price for the drug.

Meanwhile, even if Ontario adds Mifegymiso to its drug plan, barriers to accessing it will remain, according to Catherine Macnab, executive director of Planned Parenthood Ottawa.

"Most of us aren't eligible for health plans, so this means the working poor and others are still going to have to pay," she said, adding Ontario should follow New Brunswick's move earlier this month and cover the drug for all women, especially as OHIP already covers surgical abortions.

MARIJUANA OTTAWA TOKERS UNITE FOR JOINT EFFORT ON 4-20 A young woman puffs on a joint on the lawn of Parliament Hill Thursday afternoon. Thousands of marijuana enthusiasts gathered on the Hill for the annual 4-20 rally, held every year on April 20. Attendees came to smoke and protest prohibition laws. This year's rally came on the heels of the Liberal government's marijuana-legalization bill, which many pot activists have dismissed as still too restrictive and punitive. HALEY RITCHIE/METRO

WHISTLEBLOWING

Anonymous tip line for federal foul play

Ryan Tumilty
Metro | Ottawa

The government is offering whistleblowers an anonymous way to reach out to report bid rigging and collusion in federal contracts, but it's not offering them rewards.

As Metro first reported Thursday, the Competition Bureau, Public Works and Procurement Canada, and the RCMP are jointly launching a tip line.

Assistant deputy commissioner Pierre Yves Guay said the departments won't be offering cash for people who come forward, but they will be offering anonymity. "The tip line is totally anonymous, and the online form is, as well," he said. "It will be an interesting guarantee for people providing the information."

"Conscience is a funny thing sometimes — people can't sleep when they know things are not going well," he said. The line will focus on federal contracts, but Guay said, information on provincial or municipal contracts is welcome to.

> **Any information is good information.**
> Pierre Yves Guay

"Any information is good information," he said. RCMP Supt. Denis Desnoyers said corruption in public works takes taxpayer dollars that could go to worthy projects.

"This means that every single Canadian taxpayer is a potential victim," he said.

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River flooding closes Parliament Hill path

WEATHER

Commission waiting for dry weather to inspect damage

Ryan Tumilty
Metro | Ottawa

The National Capital Commission is praying for drier weather ahead so they can inspect any damage to recently upgraded paths along the Ottawa River.

The commission has closed paths all along the river due to flooding.

A kilometre-long section behind Parliament Hill and the Supreme Court were closed earlier in the week, with the water covering the paths entirely by Thursday.

Other paths between Richmond Road and Parkdale Avenue were also closed.

The pathways behind Parliament Hill are closed and completely flooded. RYAN TUMILTY/METRO

In the stretch behind Parliament, the bases of several light standards were completely submerged.

NCC spokesman Cédric Pelletier said on Thursday that the extent of damage along the paths was unknown.

"We have to wait until the water level goes down to see the impact," he said. "I have never seen the Ottawa River so high."

The commission did work last year to stabilize the shoreline, Pelletier said.

"We will have to assess every piece of infrastructure when the water goes down."

He said the work last year was meant to protect the pathway from the rising waters, but this water level is exceptionally high.

The Ottawa River Regulation Planning Board, which tracks water levels, said in their updated forecast that water levels will remain where they are and could rise if more rain, which was in the forecast as of Thursday afternoon, does come.

INTERNET

CRTC hopes ruling will give consumers more

Canada's telecommunications watchdog says Internet providers can no longer exempt some video and music streaming services from cellular data plans in a move it hopes will spur telecommunications companies to offer consumers more data at lower prices.

The CRTC ruled that Internet providers must treat all web traffic equally and cannot prioritize some content, like a specific video streaming service, which could give an unfair advantage or disadvantage to some content providers and consumers.

CRTC Chairman Jean-Pierre Blais said in a statement that rather than offering subscribers selected content at different data usage prices, Internet service providers should offer more data at lower prices and give consumers the ability to choose what content they want to consume.

The decision comes following hearings held last fall into the practice, known as differential pricing, that stemmed from a complaint about Quebecor-owned Videotron over the way it bills customers for the data they use.

Videotron launched an unlimited music streaming service in August 2015 that allowed its customers to stream music from specific third-party services without it counting against their monthly data cap.

The CRTC ruled that Videotron must ensure this service complies with the new regulations within 90 days. THE CANADIAN PRESS

IN BRIEF

Shopify expands its reach

Shopify is bolstering its online and offline merchant offerings. On Thursday, the Ottawa-based commerce firm unveiled a swipe and chip card reader for in-person retail and a new payment interface to expedite the checkout procedure. New and existing Shopify merchants without a point-of-sale solution will receive the card reader product for free, allowing its retailers to expand their offerings beyond the online storefront. OTTAWA BUSINESS JOURNAL

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It's isn't too late to save the orcas, scientists say

SALISH SEA

There are only 78 of the iconic whales left in waters of B.C.

Wanyee Li
Metro | Vancouver

The southern resident killer whales are an endangered orca population that live in the Salish Sea off B.C.'s coast. 15569/DFO SARA

Last year was not a good year for the whales.

Seven members of the Salish Sea orca population, including two breeding-age females, two breeding-age males, two calves, and one elder died in 2016.

Researchers say with only 78 orcas left, that death rate is not sustainable. The whales are declining for a variety of reasons ranging from infection, starvation, and conflict with large ships, both head-on and from the noise pollution they emit.

The good news is the orcas off B.C.'s coast are among the most studied marine mammals in the world. Scientists say they know how to save them.

"This is the saddest part. We know what to do to save these animals. The problem is whether we will find the political will to do something about it," said Giles, a scientist at the Center for Whale Research in Washington State.

"If we do it fast enough, then yes, I think this population can rebound."

The Salish Sea orcas, also called the southern resident killer whales, are a distinct group of orcas that have their own distinct culture, language, and genealogy. They survived the 1960s and 70s where about 50 of them were either captured for captivity or killed, but the iconic population is now facing a no less dangerous situation.

The endangered whales are swimming in a toxic soup that makes it harder for them to find the little prey that remains, all the while having to dodge oil tankers. Tanker traffic in the Salish Sea is forecasted to increase seven fold after the Kinder Morgan expands its pipeline through Burnaby, B.C. in 2019.

Researchers agree this combination of threats, if not addressed, is enough to choke the iconic animals until there are not enough whales to keep the population alive.

"It's like a death by a thousand cuts," said Giles.

She and her team are responsible for taking a bi-annual census of the Salish Sea orca population and both Canadian and American governments rely on that data for their records.

The Canadian government announced its intention to help preserve the northern and southern resident killer whale population in 2011 and committed to an action plan in 2017.

But wildlife advocates describe the plan as a commitment to do something, rather than actually doing something.

MICROFIBERS

A pollutant like no other

Matt Kieltyka
Metro | Edmonton

So you divert recyclables and organics from the landfill, bring reusable shopping bags to the grocery store and have phased out cleaning products with harmful chemicals in them. Think you've cut out the most harmful environmental practices in your green-conscious home?

Think again.

Vancouver Aquarium researcher Dr. Peter Ross is at the forefront of studying one of the lesser known but most prevalent ocean pollutants today and the source may surprise you.

"There's kind of a smoking gun, if you will, that suggests clothing and textiles through laundry and waste water is releasing large quantities of fibres into coastal waters," said Ross, the director of the Ocean Pollution Research Program at the aquarium's Coastal Ocean Research Institute. "It's really a pollutant like nothing I've worked on before. With other pollutants, you can take a sample from the environment and say I found 'X' concentration of mercury. In this case, there's an infinite number of permutations in terms of shape, size, density, colour, additives and etcetera."

Synthetic fibres – like the polyester found in fleece jackets – make up as much as 80 per cent of the microplastics in oceans, according to Ross. Samples taken from the Strait of Georgia show an average of 3,200 particles of microplastics per cubic metre of seawater, which are then ingested by zooplankton and fish at the bottom of the food chain.

Washing a single item of clothing can release between 10,000 to 400,000 microfibres per cycle as it degrades over time and shreds in the laundry.

While the public is largely unaware of the issue, industry has taken notice. In March, Ross partnered with Mountain Equipment Co-op to research the presence of polyester, nylon and acrylic fibres in the ocean and trace them back to the source.

MEC chief product officer Jeff Crook says the outfitter has been concerned about microfibres for several years but the industry has more questions than answers at the moment.

"When I'm around industry people, this is definitely bubbling up as a topic," said Crook. "Everyone is sort of lit up on the issue but there are a lot of questions."

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Ottawa pilots 'name-blind' hiring

RECRUITMENT

Information revealing race and ethnicity will be removed

Ottawa has launched a pilot project to reduce biases in the hiring of federal civil services through what is billed "name-blind" recruitment, a practice long urged by employment equity advocates.

The Liberal government's move came on the heel of a joint study by University of Toronto and Ryerson University earlier this year that found job candidates with Asian names and Canadian qualifications are less likely to be called for interviews than counterparts with Anglo-Canadian names even if they have a better education.

"It's not just an issue of concern for me but for a lot of people. A number of people have conducted research in Canada, the U.K., Australia and the U.S. that showed there is a subliminal bias in people reading too much into names," said Immigration Minister Ahmed Hussen, who first delivered the idea to Parliament last year as a rookie MP from Toronto.

"Name-blind recruitment could help ensure the public service reflects the people it serves by helping to reduce unconscious bias in the hiring process."

Some companies in the private sector including banks and accounting firms have already adopted the practice, which removes names from application forms in order to stop "unconscious bias" against potential recruits from minority backgrounds.

In the United Kingdom, the government now requires name-blind applications for university admissions service and other applications for organizations such as the civil service, British Broadcasting Company and local government.

U of T sociology professor Jeffrey Reitz said the initiative is an important step forward but cautioned officials they must consult independent experts in developing the process and reviewing the results to make sure it is done right.

To conduct name-blind screening, he said, recruiters must remove any information on a resumé that would reveal the ethnicity of the person, such as name, birth place and membership of association before coding the candidates in the talent pool.

"If the government is serous about it, they need to make the process transparent and allow researchers to look at the new procedures and the results," said Reitz, a co-author of the Canadian study on name discrimination against Asians. TORSTAR NEWS SERVICE

Minister of Immigration, Refugees and Citizenship Ahmed Hussen says studies show "there is a subliminal bias in people reading too much into names." THE CANADIAN PRESS

IN BRIEF

Arrests made in human smuggling investigation

Authorities in the U.S. say two Canadian citizens and one person from Nigeria have been apprehended as part of an investigation into human smuggling. The United States Border Patrol says agents picked up the three people last Friday between the North Portal and Northgate crossings, the legal entry points into Saskatchewan from North Dakota. The investigation has led to the arrest of a woman, who was stopped on the Canadian side of the border. Nine people from West Africa were in her vehicle. THE CANADIAN PRESS

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POLITICS

Trump slams Canada from the Oval Office

U.S. President Donald Trump unleashed on Canada from the Oval Office Thursday, suggesting that the country was "taking advantage" of U.S. workers and demanding trade renegotiations begin "very quickly."

Trump denounced the North American Free Trade Agreement as a "disaster" and said he wants Canada to move on three particular industries: dairy farming, lumber and energy.

"The fact is, NAFTA — whether it's Mexico or Canada — is a disaster for our country," Trump said.

"We can't let Canada, or anybody else, take advantage and do what they did to our workers and to our farmers."

Trump vowed to move "very, very quickly" on negotiations with Canada, saying he would have a more detailed plan in coming weeks.

The president's comments were short on specifics and it's unclear how they will translate into action. Trump has used belligerent language on issues like NAFTA, NATO and China in the past, but has often failed to back up those words with significant policy changes.

But they do represent a marked departure from Trump's warm words for Canada after he met with Prime Minister Justin Trudeau in Washington only two months ago.

In February, Trump said the U.S. enjoys a "very outstanding trade relationship with Canada," pledging only "tweaks" to that relationship in larger NAFTA renegotiations.

Officials in Ottawa will have to puzzle out how that outstanding relationship turned into a "disaster" in the mercurial president's mind — and whether Trump will act on his claims.

Ironically, Trump's comments came only hours after Trudeau praised the president's willingness to listen to reason.

"As politicians we're very much trained to say something and stick with it," Trudeau said in a televised interview with Bloomberg Businessweek.

"(Trump) has shown that if he says one thing and then hears good counter-arguments, or good reasons why he should shift his position, he will take a different position. … There's a challenge in that for electors, but there's also an opportunity in that for people who engage with him to try and work to achieve a beneficial outcome."

A request for comment to the U.S. Embassy in Ottawa was not returned Thursday.

TORSTAR NEWS SERVICE

U.S. President Donald Trump is complaining about trade with Canada in three areas: lumber, energy, and dairy — and says the U.S. can't let Canada or anyone else take advantage of America. GETTY IMAGES

Police officers block the access to the Champs Elysees in Paris after a shooting on Thursday. GETTY IMAGES

Attacker opens fire on Champs-Elysees

TERROR

Daesh quickly claimed responsibility for the attack

An attacker with an automatic weapon opened fire on police on Paris' iconic Champs-Elysees Thursday night, killing one officer and seriously wounding two others before police shot and killed him.

Paris police spokeswoman Johanna Primevert told The Associated Press that the attacker targeted officers guarding the area near the Franklin Roosevelt subway station at the centre of the shopping avenue popular with tourists. She said he appeared to be acting alone.

In an unusually swift move, Daesh has claimed responsibility for attack. In a statement from its Amaq news agency, the group gave a pseudonym for the shooter indicating he was Belgian.

And the pseudonym, Abu Yusuf al-Beljiki, indicated that the attacker already had ties of some sort to Daesh extremists.

Police and soldiers sealed off the area, ordering tourists back into their hotels and blocking people from approaching the scene.

The Paris prosecutor's office said counterterrorism investigators are involved in the probe. Two police officials, speaking on condition of anonymity to discuss the ongoing investigation, said the attacker had been flagged as an extremist. They had no other details about him.

The attack came three days before the first round of balloting in France's tense presidential election. Security is high preceding the vote after police said they arrested two men Tuesday in what they described as a thwarted terror attack.

In Thursday's attack, French Interior Ministry spokesman Pierre-Henry Brandet said on BFM television that a man came out of a car and opened fire on a police vehicle. He said officers were "deliberately" targeted.

Speaking in Washington during a news conference with Italian Prime Minister Paolo Gentiloni, U.S. President Donald Trump said the shooting in Paris "looks like another terrorist attack" and sent condolences to France.

Emergency vehicles blocked the wide avenue lined with shops that cuts across central Paris between the Arc de Triomphe and the Tuileries Gardens, normally packed with cars and tourists. Subway stations were closed off.

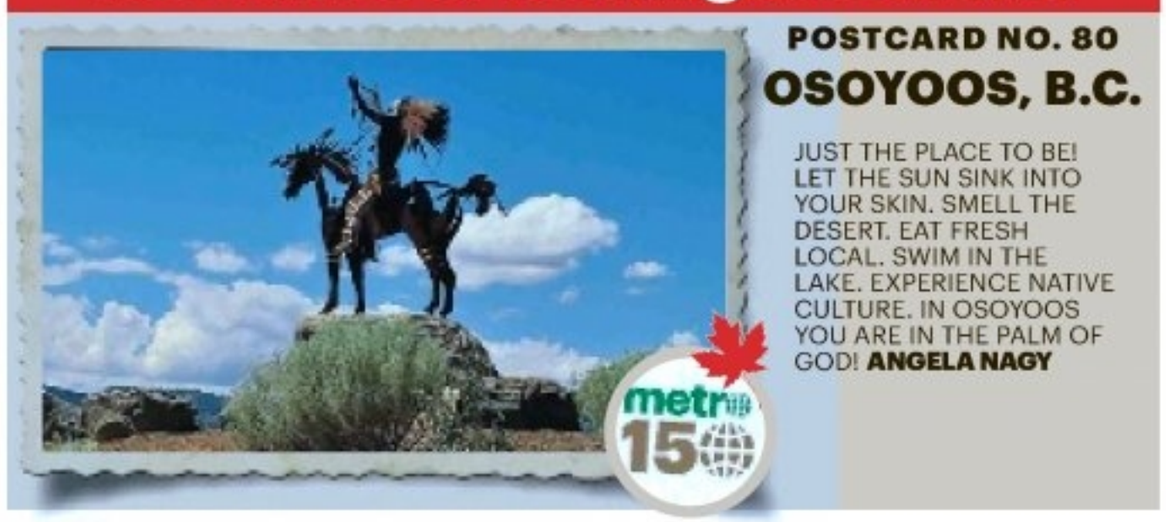
The gunfire sent scores of tourists fleeing into side streets.

"They were running, running," said 55-year-old Badi Ftaiti, who lives in the area. "Some were crying. There were tens, maybe even hundreds of them."

French President Francois Hollande scheduled an emergency meeting Thursday night.

THE ASSOCIATED PRESS

150 WAYS of looking at Canada



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COURT

Nursing home owner says he spent Medicaid funds on strippers, gambling

The owner of a suburban St. Louis nursing home where 60 residents had to be rescued after food ran out and trash piled up has pleaded guilty to federal charges for stealing $667,000 from Medicaid and spending it on strippers, gambling and other things.

Johnnie Mac Sells, 52, pleaded guilty Wednesday to two counts of health care fraud, the St. Louis Post-Dispatch reported.

The Benchmark Healthcare nursing home in Festus was shut down last summer. Authorities said bills went unpaid, paychecks bounced, trash piled up and food deliveries stopped.

Missouri health officials in July sought to put Benchmark into emergency receivership. They backed down when food deliveries resumed, but an August follow-up visit found that four residents were not getting medicines they needed for congestive heart failure, epilepsy and schizophrenia because pharmacy bills hadn't been paid.

The state closed the nursing home in September and relocated its residents.

Prosecutors revealed that for three years starting in 2013, Sells stole a large portion of funds provided by Medicaid for Benchmark residents. He used Benchmark's debit card to pay $185,000 at adult entertainment clubs and $15,000 on pet care, $4,500 at casinos and $12,000 at his country club. THE ASSOCIATED PRESS

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GREAT BARRIER GRIEF

Two-thirds of Australia's teeming Great Barrier Reef could die thanks to **coral bleaching**. To put it glibly, one day this could be a real snorkelling attraction: The Ghost Town Tour. In every direction, as far as the eye can see, swimmers explore a vast white ossuary where a coral reef once teemed with life. This isn't the only reef facing such a bleak fate. **Here's why.**

WHAT IS CORAL BLEACHING?

Stony corals have hard, white skeletons of calcium carbonate that form the basis of reefs. They're covered in friendly, pigment-rich algae called **zooxanthellae**, which give coral their brilliant colours and serve as a major food source. When algae fall off or die or their pigments degrade, that's **bleaching**. It's fatal within a few months.

Why does it happen?
Change in temperature: Warming water due to climate change is the leading cause. A cold shock can have the same effect.

Ocean acidity: Excess carbon dioxide in the air dissolves in the ocean, forming carbonic acid. Too much of it hurts corals.

Changing tides: Exposure to air causes bleaching.
Too much sun: If it's too hot outside, algae pigments degrade and produce toxic chemicals.
Pollution: Some human-made chemicals make bleaching worse.

GREAT BARRIER REEF 101

Meet the collossal ecosystem built on a backbone of coral

How big is it?

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- Great Bear Lake
- Great Slave Lake
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133 Types of sharks and rays

600 Types of coral

FINDINGS
Your week in science

POLAR ICE CRAP
Antarctica: A vast, unspoiled ecosystem where leopard seals and whales roam without a care in the world. Not so much. A new study out of Concordia University has found that, contrary to popular myth, the outlook for biodiversity at the south pole is 'grim' thanks to threats from growing tourism, overfishing and climate change.

SOUND SMART

DEFINITION
Living things that are **sessile** are anchored permanently to something and cannot move under their own power.

USE IT IN A SENTENCE
Deborah sits so still when she zones out and watches TV that she seems like she belongs to a **sessile** species.

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metro WEEKEND
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MOVIES MUSIC TELEVISION DIGITAL

Born free and raised a wild child

Born In China, a new doc from DisneyNature opening Friday, follows animal families through four seasons. These vulnerable, magnificent species are rarely captured on film in such detail. The almost unbearably cute film features a bouncing soundtrack and lively narration by John Krasinski (yes, Jim from the Office). Here are three things we learned. **GENNA BUCK/METRO**

TREE HUGGER

Pandas must learn to climb trees

The baby panda Mei Mei steals every scene she is in. She rolls down hills, gnaws on everything (edible or not), and constantly tries to climb trees — much to the consternation of her 'helicopter' mom Ya Ya. But Ya Ya eventually had to let Mei Mei strike out on her own. Climbing is a skill all panda babies must learn in order to evade predators as their mothers, who spend 14 hours a day chomping down on bamboo, can't keep an eye on them at all times.

RUNAWAYS

Golden snub-nosed monkeys are 'lost boys'

At the top of the film, Tao Tao the baby golden snub-nosed monkey has his world turned upside down — his baby sister is born, and his parents' attention is diverted. He leaves the family unit to join a troupe of "lost boys." These adolescent boys and young, single males — stuck at that awkward age between babyhood and starting families of their own — band together to eat, play and learn skills they'll need for the rest of their lives (most of which will be spent in tree tops).

SINGLE MOMS

Mama chirus are machines

Male and female chiru, also known as Tibetan antelope, only hang out long enough to mate. The pregnant mothers set out on an epic, 700-km round-trip journey across harsh, high-altitude plains to give birth at traditional calving grounds. Then they head back, newborn calves in tow, to meet up with the males and start the process all over again.

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Miller shines as wife of lost explorer

INTERVIEW

The actress finds muse in progressive suffragette

Steve Gow
For Metro Canada

In 1925, an uncompromising explorer named Percy Fawcett was so focused on finding a lost civilization in the Amazon that he disappeared in what seemed a doomed quest — even if Sienna Miller doesn't quite see it that way.

"I've always been drawn to (the idea of) the journey as the destination," said Miller recently of the tragic tale behind The Lost City of Z.

"And I think the bravery that he stayed in this and the courage and resilience of the quest — I find there's something romantic about that for me."

And what a quest it was. On a mission to map Bolivia at the turn-of-the-century, Fawcett uncovered cryptic clues about an undiscovered city built by "savages" and set out on the ill-fated crusade that roused ridicule from a haughty English establishment.

However, Miller not only found inspiration in Fawcett's determined drama; she was also equally intrigued to play Fawcett's wife Nina — an early-century spouse who wasn't "just a wife" but a character rich with her own progressive ideas.

"With all these tidbits of information I pieced her together but she did feel incredibly contemporary," insisted Miller of the little-known self-sacrificing suffragette.

"I like the idea of a real life (and) I find the research part of it really fulfilling. I also feel a responsibility that comes with playing a real person; it can be galvanizing in some way – you feel a sense of duty."

Indeed, the role itself came at a good time for the actress. Although filmmaker James Gray approached her 7 years ago, Miller's then "chaotic" private life was fodder for the British tabloids even as she suffered a misstep with GI Joe: The Rise of Cobra — a role she conceded "compromised my values."

The offer would mark an important shift in career redesign; one that now sees the 35-year-old boasting the best roles of her life.

"I was really confused by the tabloids and it made it difficult to do the work that I wanted because people had a very strong perception of who I was," admitted Miller, now uncompromising in her own right and happily preparing to premiere Cat on a Hot Tin Roof on London's West End in July.

"It's getting better (and Hollywood is) much more focused on giving women good parts in films and I think that's fantastic."

GOSSIP

From Lost City to London
"Our director is Benedict Matthews who's a real auteur; he doesn't do things in a traditional way," said Miller of her upcoming London production of Cat on a Hot Tin Roof this July. "I do know he's a visionary so I'm excited about taking a classic play and seeing what comes out."

On Charlie Hunnam
"He's got a depth, an understanding and an interest – he will do anything to get the story right," said Miller of her fictional husband. "(And) he's beautiful to look at — he's got all the ingredients basically to be a massive movie star."

Why Percy Fawcett Matters
"What makes it resonate is that this man saw something and he applied himself and his whole life to it," said Miller of the film. "There's something admirable about that kind of passion, that kind of drive."

Sienna Miller plays adventurer's wife Nina Paterson Fawcett in The Lost City of Z. CONTRIBUTED

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ST LAURENT

Colossal's twists surprised Hathaway

FILM

Even its main star missed at least one wrinkle at first

Anne Hathaway's latest release, this month's Colossal, is no ordinary rom-com. CONTRIBUTED

Critics and internet commenters are fumbling over how to describe Colossal, the new sci-fi monster movie that resists being boiled down and placed under any label.

When asked how to explain the film, opening in Canada on Friday, its star Anne Hathaway says she often doesn't attempt to. Or she'll drop its logline: "Party girl with a heart of gold needs to dry out, goes home and doesn't dry out, and when she gets drunk a giant monster terrorizes Seoul, South Korea."

Then she'll just let that hang there for a bit. "And people either go, 'OKKKK' or they go, 'Rad! I want to see that' — and I kind of leave it at that," the Oscar-winning actress said. She likes that it's a tough film to squish into a box, adding that she was delighted by how freely the story manages to just be itself.

Hathaway plays Gloria, an out-of-work web writer with a drinking problem in New York who is dating a not-so-impressed Brit (Dan Stevens) when we meet her. She gets dumped and heads back to her hometown to put her life back together and reconnects with childhood friend Oscar (Jason Sudeikis), who hires her to work at his bar.

It seems like a setup — a familiar one — for a rom-com, but instead, things get weird. The monster soon shows up in headlines and on the news after it starts wreaking havoc in Seoul. Gloria, petrified, eventually figures out she's actually in control of the monster that appears every time she gets wasted (which is often) and she wanders into a nearby park. And here again, if you think you know where this is going, you'll probably be surprised.

However unusual Gloria's path is in the story, Hathaway said her interest in working on the film grew from the connection she felt with the character.

"I felt a kinship with her; maybe we are not the exact same person, but we've stumbled in similar ways. She grabbed me and then, as I kept reading, I couldn't believe what I was reading, it was just so fresh and like nothing I've ever read before, and that counts a lot for me."

As the Internet is now discovering, Colossal gets deeper and darker than most people seemed to expect. And while the audiences do get to meet a gigantic monster, they're also confronted with heavier issues.

"When I read it, I focused so much on the addiction story, the substance abuse story, that some of the toxic masculinity I didn't see until I saw the actors portray the parts," Hathaway said. Suffice it to say, many of the characters in Colossal are not as they first seem.

"It's a really good unexpected story that kind of comes out of nowhere and says some things and reflects (certain) truths about the place we are living in that are resonating with people."

The film was shot in Vancouver and Langley, B.C., when Hathaway was a few months pregnant, though the rest of world didn't know it. She is grateful for the way the crew there was able to accommodate her needs (things like extra editing to break up her fight scenes, so her heart rate didn't get too high).

"I can't tell you how grateful I was to the crew for letting me feel so protected on the set," she said, noting that within an hour of being back in L.A. paparazzi had reported to the world that she was expecting. "To have been able to be in Canada for two months and have that time just respected on a human level, I don't know if I can tell you what that meant to me . . . I don't think I've ever gotten a chance to say thank you properly." TORSTAR NEWS SERVICE

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INTERVIEW

Larsen's love of all things '70s

Steve Gow
For Metro Canada

The oscar-winning actor stars in the '70s comedy-crime-thriller Free Fire, directed by Ben Wheatley. HANDOUT

Since winning the best actress Oscar for her role in the 2015 drama Room, Brie Larson has had many big-ticket projects to brag about — the most recent King Kong re-boot, being cast as Captain Marvel in a forthcoming comic-book blockbuster. Surprisingly, she's most excited to talk about a low-key '70s throwback.

"Some of my favourite movies are from that period," said the 27-year-old, "so it was wonderful to try to represent that now."

Speaking about her latest film, Free Fire, Larson said: "It's funny because that's not a period of time that I lived in; I only know it through film. I'm going off of a reference point and putting it on this new reference point."

Directed by British indie wunderkind Ben Wheatley (High-Rise), Free Fire casts Larson alongside an ensemble cast in a high-concept dark comedy about a broker attempting to bridge a big arms deal between IRA members and a hothead dealer (Sharlto Copley of District 9).

But when suspicions arise, the warehouse transaction erupts into the kind of violence that seems like, as one reviewer noted, "the last 90 seconds of Reservoir Dogs stretched out to fill 90 minutes."

"There is the general concept of what it is on the surface and then there's something beneath it. They're really smart with what they're doing," said Larson of Wheatley and co-writer/wife Amy Jump's oddball screenplay.

"Ben is incredible in that way because there is so much happening underneath that he doesn't fully explain to you," said Larson of Wheatley's directing style. Larson draws comparisons to John Cassavettes — like the late iconic indie auteur, Wheatley keeps his actors on a "need-to-know basis" when filming.

"If there was a scene where two characters were walking down the street and one was supposed to be in control of the situation and the other was unsure of what was going to happen, he'd give the pages to the actor who was supposed to be in control," explains Larson. "It creates these situations where you're running off on instinct and adrenalin."

For Copley, that kind of instinctual acting was thrilling. Not only did it allow him to improvise heavily, but it added a layer of surprise when he finally saw the final product on-screen.

"He let me run wild with improv. When you have this level of cast to work with, everyone's choosing an interesting decision," said Copley. "You're not surprised by what happens in the movie. But the moments in the movie between the actors — there's surprise."

HONOURING ENVIRONMENTAL HOMETOWN HEROES

The word 'hero' gets bandied about a lot these days. But Earth Day Canada's Hometown Heroes program aims to reclaim some of the term's gravitas by honouring those who make a real difference to environmentalism in Canada.

Launched in 2004, Hometown Heroes recognizes and celebrates individuals, groups, and businesses that have made a positive impact on the environment, either through their actions or through education.

"A Hometown Hero can be anyone finding a creative solution to an environmental challenge," says Cristina Greco, Recognition and Development Manager for Earth Day Canada (EDC). "Usually it's someone who also demonstrates leadership in a particular field and really mobilizes their community to make a difference."

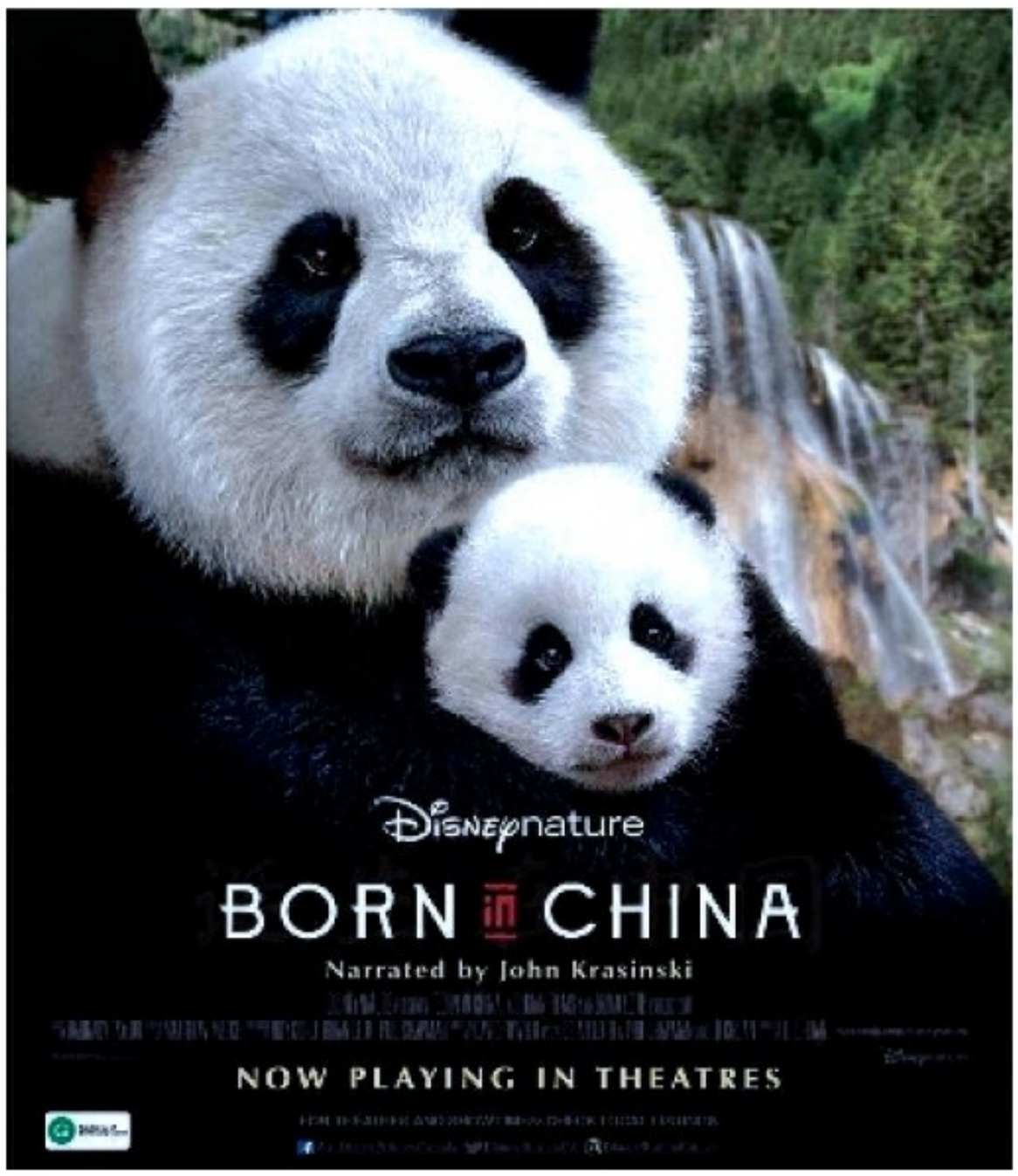
The annual program comprises five categories — Youth, Individual, Teacher, Group, and Small Business — with six finalists chosen by judges culled from previous winners, as well as EDC associates and community partners. Each winner receives a $5,000 cash prize to be used towards improving the environment or, in the case of the Youth prize, a scholarship that will contribute to a post-secondary education. Winners will be announced in May and recognized during an awards ceremony on June 14 at the Mill Street Brewery in Toronto's historic Distillery District. New for 2017 is the Teacher category, which salutes an educator who's doing extraordinary work to mobilize his or her school community in an eco-initiative. Of all the Hometown Heroes categories, this one received the most nominations this year.

"Teachers are a huge part of our audience at EDC," says Greco. "Given that through our EarthPLAY and EcoKids programs we engage thousands of educators, we thought it imperative to add this category so we could highlight the amazing work being done by them both inside and outside the classroom."

While the awards recognize individuals and groups, Greco hopes Hometown Heroes will have a wider impact across Canada in promoting not only environmentalism but also the power of ordinary Canadians to effect change.

"It is our hope that the winners of the Hometown Heroes Awards serve as ambassadors and role models to people who doubt their own ability to make a difference. Hometown Heroes winners are often from small towns across Canada, face the same barriers that many of us face, and are still making outstanding contributions to their local communities, and in some cases, to the country." *–SEAN PLUMMER*

CONTRIBUTED



Pilot program to transform playgrounds

The schoolyard should be fun for all. Yet, from bullies and bad behaviour to hyper-competitiveness and downright boredom, the playground can be a place that's rather devoid of, well, play. But now Earth Day Canada (EDC) is looking to take back the humdrum schoolyard and make it fun for its most frequent visitors: kids. To that end the Toronto-based environmental org has teamed up with the Toronto District School Board (TDSB) to introduce the Outdoor Play and Learning (OPAL) pilot project into six TDSB schools. The idea is to provide kids with an assortment of materials — fabric, rope, spare tires, hay, water and the like — and let them get creative.

Sound like a recipe for a mess or, worse, a disaster? Not so, says EDC Director of Play Programs Brenda Simon. She insists that self-directed play is the best kind of activity.

"Can you remember what it was like to face the same asphalt and grass schoolyard every day for 180 days a year for six years?" asks Simon. "The resemblance of these places to prison yards has been noted more than once. A lot of bullying behaviour arises out of boredom — the desire to create some excitement and random experience against which to react. By providing varied play opportunities, the children can create endless variety in their play."

Those varied opportunities have had encouraging results. Less athletic children play more because they don't worry about losing. Kids learn to play safe and do so with kids of different ages and abilities. And the reduced stress on staff and students leads to fewer fights and office visits.

"Many trips to the office arise out of boredom and the desire to create a little drama," says Simon. "The injured child will frequently be accompanied by a chorus of sympathizers...each bearing their long dramatic story of what happened. Many other children simply experience stress in the playground and use office visits to get out. When the children have so many things to do, are able to build themselves enclosures and smaller social environments, and are having so much fun, they endure the little injuries — social or physical. They are naturally more resilient."

And parents, take note: the result may also be better grades. "We hear a lot of stories about greater focus and less unhappiness in the classroom after OPAL is introduced," says Simon.

–SEAN PLUMMER

CONTRIBUTED

Pledge4PLAY brings adventure playgrounds to Canada

With the rising popularity and success of crowdfunding in recent years, it seems fitting that a charity encouraging playtime for kids should join in on the fun.

Earth Day Canada (EDC), the Toronto-based environmental charity, is currently promoting Pledge4PLAY, an initiative that inspires parents to provide their kids with more opportunities for self-directed playtime.

To that end, EDC is asking for online donations to support the campaign. For the remainder of April, would-be donors are encouraged to visit earthday.ca and contribute to the overall goal of $25,000 — which will go toward establishing adventure playgrounds in Calgary and Toronto.

A donation of at least $100 garners a chance of winning a trip for four to the Berkeley Marina Adventure Playground in Berkeley, California.

Adventure playgrounds, says EDC president Deb Doncaster, allows kids to indulge their imaginations by playing with a collection of carefully curated materials — boxes, ropes, tires, for instance — under the supervision of trained attendants.

It's a stark contrast to standardized playgrounds built to "de-risk" childhood play. And that's just fine with her.

CONTRIBUTED

"There is no such thing as de-risking anything," says Doncaster. "Kids break their arms on all sorts of existing play structures that were built with de-risking in mind. There's risk implicit in everything, and I think it's a fallacy to think we can take risk out of any situation."

In Calgary, a portion of the Pledge4PLAY funds will benefit a concept design for an adventure playground. And in Toronto EDC has asked the city's Parks & Environment committee to conduct a feasibility study on adventure playgrounds in Toronto.

The answer was yes.

"The committee is very interested in doing one or two adventure playgrounds in the city of Toronto," says Doncaster. "And we need some of that money to support any sort of public process or deputations that may be required to get a 'yes' from council, especially the pilot projects."

In addition to making kids happy, a successful Pledge4PLAY campaign should spark a love of nature in its users.

"UBC just published a study where they found that children that played outdoors were more likely to have developed an environmental ethos than kids that didn't," she says. "So I think for kids who do have the opportunity to play outside on their own terms, generally speaking they are more attuned to the world around them. And they are more resilient people and tend to have a better sense of leadership. And that's what it's going to take to continue to foster environmentalism in Canada."

–SEAN PLUMMER

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Living green in the high-tech age

One family's struggle to stay ahead of the latest technology without being wasteful

There's an electronic graveyard in Nadia Ciani's cupboards and she doesn't quite know what to do about it.

Ciani and her husband, Dino Virgilio, are both busy executives — she's a vice president of human resources and he runs his own business. They also have a blended family: their four girls — Isabella, 15, Angie, 12, Angelina, 10 and Liviana, 7 — spend time with their other parents as well as at three different schools, one part-time job (Isabella) and a host of extra-curricular activities.

The family's nanny lives with them. "So we actually have seven people in the home at any given time," says Ciani. "And being a blended family, the kids come and go with different schedules. Staying in touch is really important."

As a result, the number of electronic gadgets in the house keeps growing. At any one time, there might be 20 devices connected to the family's WiFi, from televisions to computers and phones.

The Ciani-Virgilios are not alone. The average North American household uses at least seven devices every day, according to a 2016 report by Waterloo-based broadband company Sandvine. Meanwhile, six per cent of households use more than 15 devices, a marked increase over past years.

What's more, the tech is changing fast. Whereas home roaming via mobile devices such as tablets and smartphones accounted for only nine per cent of traffic five years ago, it now represents almost 30 per cent of home internet traffic across North America.

That means a growing number of outdated devices are likely accumulating in people's homes or even being sent to the landfill because people don't know what to do with them, says Amy Victoria, director of marketing and communications for the Electronic Products Recycling Association (EPRA), the industry-led, not-for-profit organization that operates Canada's regulated recycling program.

Like many families, the Ciani-Virgilios have a growing number of electronic gadgets in the house, with as many as 20 devices connected to their WiFi at any one time. CONTRIBUTED

"THERE'S ALWAYS SOMETHING NEW COMING AND IT'S HARD TO KEEP UP WITH THE LATEST AND GREATEST."

– Nadia Ciani

Ciani and her husband aren't unusual in that both have laptop computers and cell phones. "Having good-quality, up-to-date functioning technology is important to us," she says. "We bring our work home with us and we're kind of always on. I think that's just the new pace of business."

Although the family has dispensed with a home phone line, they keep an extra working cell phone lying around in case one of the other kids needs it. In addition, the couple's nanny has her own cell to keep in touch with the kids and their parents.

Isabella and Angie have cell phones, too. "We have a rule in our house that, as long as you're responsible, you get a cell phone at 12," says Ciani. "In our community, at least, that's the norm," she says.

There are also four televisions in the house. "They're all in different rooms and our nanny has her own room with her own technology," says Ciani. All four children have tablets and MP3 players, as well.

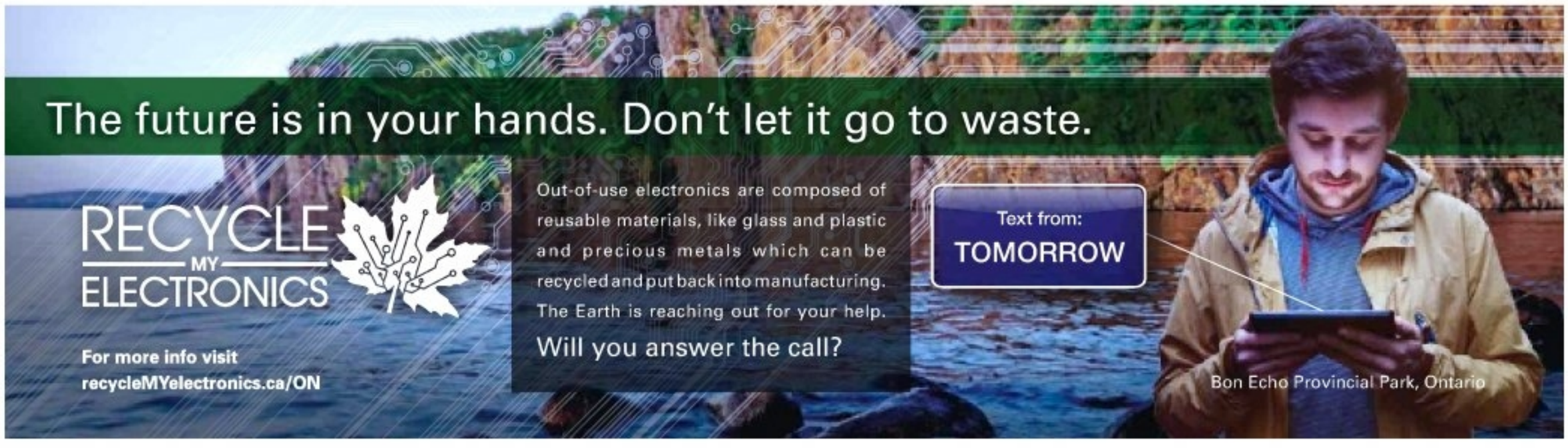
"They started with the MP3 players and as they got older, they got tablets and then a smartphone," says Ciani. "It just never ends. There's always something new coming and it's hard to keep up with the latest and greatest. We try to think in terms of what we really need."

Nonetheless, she says, there's a host of unused electronic equipment hiding in the family's closets and cupboards, including expensive but largely unused camera equipment (they mostly take photos on phones or tablets), a couple of cracked MP3 players, several unused phones and two old DVD players. "One was from my husband's old place and one from mine," says Ciani. "We don't even have cable anymore," she says. "We just stream."

Ciani admits she doesn't quite know what to do with all the devices gathering dust. "I would never just throw them out," she says. "But other than the cameras, I don't think anyone would ever buy them. They're a bit dated." She also worries about her data when recycling devices such as computers, phones and tablets.

Yet keeping them in the drawer means they could be stolen, along with any sensitive information they contain. "We always recommend people wipe the drive on their devices before turning them in for recycling," Victoria says. "You don't want to leave pictures or bank information on there." She suggests checking the manufacturer's website for instructions on how to do it.

Once your devices are wiped clean, turn your unused electronics in for recycling. EPRA-approved recycling facilities will strip them of toxic elements and mine them for recyclable metals, plastic and glass before shredding them. Says Victoria: "It's really a safe, secure way to get rid of unused devices."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Turning vision into reality

The province wants students at universities like Carleton University to have access to the latest technology. CARLETON.CA

MINISTER OF EDUCATION

Educational initiatives are paying off

Jen Traplin

Three years ago, the Ontario government released its renewed vision for education in the province, Achieving Excellence, an ambitious plan to ensure students gain the knowledge and skills they need to lead in a global economy.

While a number of initiatives have been announced since its release, Ontario's Minister of Education, Mitzie Hunter, believes the province's most recent announcements, including a reduction in class sizes and a boost in support for special education, will see that vision turn to reality.

Earlier this month, the province announced it's capping class sizes for students in full-day kindergarten at 30 students and 24.5 or fewer students for Grades 4 through 8. Additionally, Ontario will also support the hiring of approximately 875 teachers and 1,600 education workers to support at-risk students and students with special education needs.

"Working with education and community partners, we are transforming our system to deliver responsive, high-quality and accessible services and programs that are integrated from early learning and child care through to adult education," explains Hunter.

"Reducing class sizes, boosting support for students, and bringing stability to the education system is part of our plan to create jobs, grow our economy and help people in their everyday lives.'

The minister says the province also wants to ensure students have access to the latest technology, pointing to a recent injection of $150 million into technology-enabled teaching and learning tools.

"Research confirms that technology-enabled innovations in teaching and learning make a difference for student engagement, achievement, well-being and acquisition of important higher-order 21st century competencies," she says.

"We feel it's important to invest in the technology, design and infrastructure for the classrooms of the future."

To better prepare students for today's global economy, the provincial government is also partnering with educators on 29 pilot projects across Ontario in an effort to revise the current career studies course, helping students develop skills in financial literacy, entrepreneurship, digital literacy and career/life planning.

"Through modules, such as the financial literacy component, students will be able to learn the tangible skills they need to thrive now and throughout the rest of their lives, like budgeting and financial planning for their individual career path," Hunter says.

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THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

Planning for what comes next

GOALS

High school students always looking to the future

Jen Traplin

By the time students reach Grade 10, they begin making decisions for what comes after high school. ISTOCK

Whether they plan on going to college or university or entering the workforce, students spend much of their high school careers working toward what comes next.

In Ontario, students actually start to map out their adult life by Grade 8, with the introduction of Career Cruising, an interactive program that helps them plan for their future and register for their secondary school courses.

By the time students reach Grade 10, the path towards their future requires even more thought and planning as students will have to start making decisions about what comes after high school — college, university or the workplace — when registering for their classes.

Each course is coded — O (open level), U (university) and M (mixed — college and university — so students who plan on going to university will only take U or M level courses while those who are college or workplace-bound can opt for more O level classes.

Grade 10 students are also required to take a careers course, which explores post-secondary learning and career options, prepares students for managing work and life transitions, and teaches them how to develop and achieve their future goals, among other skills. There are also a number of other optional career courses students can register for throughout their time in high school.

Some schools also offer Secondary High Skills Majors (SHSM), which are specialized programs that help students focus on a career path that matches their skills, interests and talents while also earning their high school diploma. The programs are designed for Grade 11 and 12 students who are heading for apprenticeship training, college, university or the workplace and who want to gain on-the-job skills and training.

For those who do decide to move on to college or university after high school, many teachers believe parents should continue to play an active role in their child's education.

"Students will not be getting pushed by teachers to hand things in anymore and if students do not have the organizational skills to be on top of things, someone needs to," says Ottawa-Carleton District School Board secondary school teacher Chantel Verner, adding for many teens, college or university will be their first step into the real world.

"Professors are not going to be calling home to inform parents about missed assignments or failing grades. They also will not be taking calls from mommy and daddy about how their child is doing in school."

HOW'S YOUR FRENCH?

More and more parents are recognizing the benefits of bilingualism. Every year there is an increase in demand for French immersion programs in English schools and stable growth in French language school boards such as the *Conseil des écoles catholiques du Centre-Est* in Ottawa.

Why learn French (or any language for that matter)?

Being bilingual has numerous advantages for education, careers, and even mental health. Much of the world's population speaks more than one language and studies have proven that bilingual children have stronger cognitive abilities and better educational performance.

CONSEIL DES ÉCOLES CATHOLIQUES DU CENTRE-EST

So, why French language schools?

Language is hard to learn and easy to lose. In a French language school, students spend the entire day in French. This intensive experience allows students to learn from a French Canadian perspective. It doesn't rob the students of their English, either, since English classes are based on the Ontario curriculum. This rigorous method allows a student to perfect both languages, which prepares them for post-secondary studies in either language, and gives them an advantage in the work force.

Isn't that immersion?

No. Immersion programs offered by English schools give students an English education with French-as-a-second-language skills. We believe this is a step in the right direction towards sustainable bilingualism, but the end result leaves students with fluency in English, and a conversational proficiency in French. What is different about our schools is what is called additive bilingualism. This is where students can communicate fully in both languages, casually and professionally.

I only speak English, now what?

A large part of our mandate as a French school board is to support francophone culture in Ontario. This is done in part by helping bilingual and anglophone families to have access to French language schools. By assisting these families to incorporate French into their daily lives, we are able to expand bilingualism and la *francophonie* across Ontario. Parents who are dedicated to learning French and supporting their child's studies in French are welcome in our schools. It is never too late to help your child develop a sustainable bilingualism.

More assistance means less debt

FREE SCHOOL

Program will make tuition free for 210,000 students

Jen Traplin

More students will have free college and university tuition this fall, thanks to a recent announcement by the Ontario government.

In March, the province opened applications for its new Ontario Student Assistance Program (OSAP), which will make tuition free for more than 210,000 students as well as provide more generous grants. By next year, the government estimates roughly 230,000 students receiving OSAP will have less debt as a result of the changes.

In a press release, Ontario Premier Kathleen Wynne says the new OSAP will make it easier for students of all ages to pursue a higher education.

"For too many high school students and their families, tuition fees are a barrier to applying for college or university. And for too many college or university grads, high debt levels are a burden that unfairly limits their choices and opportunities. Everybody should have the opportunity to get an education and start their life without stressful levels of debt. That's what the new OSAP does."

Days after details of the new OSAP were made public, the provincial government also announced $50 million in funding for Ontario's public colleges, the bulk of which will allow colleges to enhance student learning, whether it be through the purchase of new equipment or software or to modernize their classrooms and facilities.

Across the province, there are 24 publicly funded colleges and 23 universities, more than any other province in the country, making Ontario a hot bed for higher learning.

Of course, you don't have to travel far for a world-class education, thanks to Ottawa's two public universities — the University of Ottawa, the city's first post-secondary institution, established in 1848, and Carleton University — as well as two public colleges — Algonquin College and La Cité collégiale.

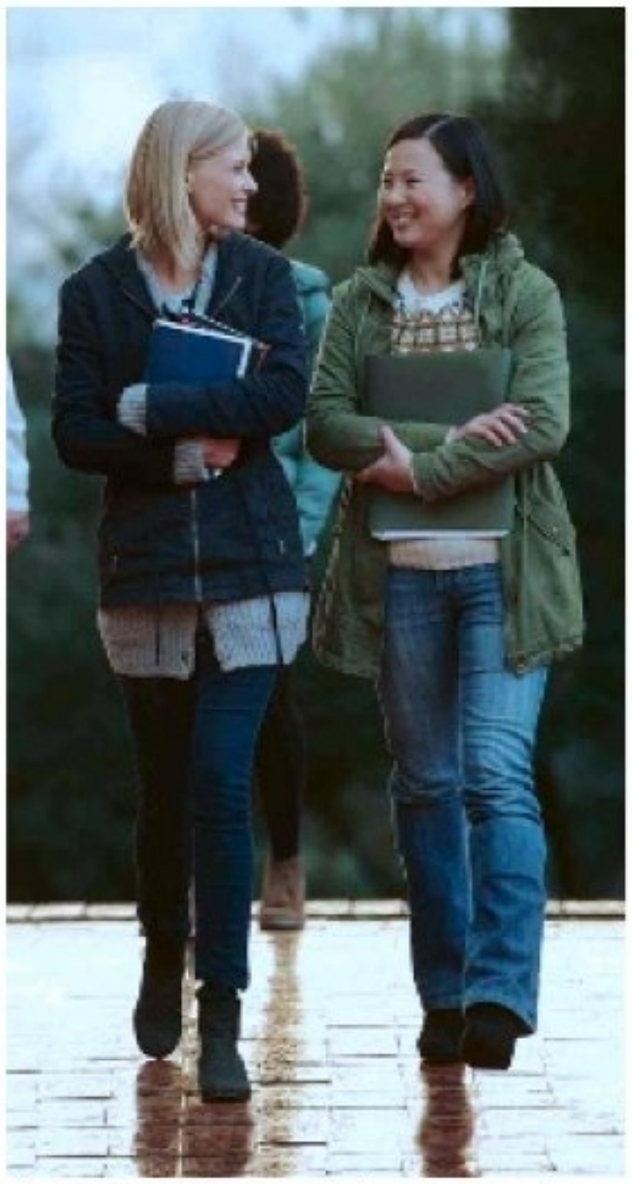
There are also two Catholic universities in Ottawa — Dominican University College and Saint Paul University and a handful of other institutions nearby, including University of Quebec en Outaouais, Cégep de l'Outaouais and Heritage College.

Keeping up with the times

To keep pace with evolving industry demands and the reality of today's global economy, Algonquin College is offering new post-graduate programs in 2017, including Energy Management, Regulatory Affairs–Sciences and Digital Health.

Algonquin also now offers the new diploma program Baking and Pastry Arts Management.

For more information, go to algonquincollege.com.



The new OSAP aims to make it easier for students of all ages to pursue a higher education. ISTOCK

ADULT LEARNING

You're never "too old" to head back to school, whether it's to complete your high school diploma, start your post-secondary education or change your career. Each of Ottawa's four main school boards offer Adult High School Diploma programs, giving mature students the chance to earn their diploma, which can then be used to apply for jobs or college and university programs.

Outside of the local school boards, Ontario's Literacy and Basic Skills (LBS) program also offers free courses (in the classroom or online) for adults looking to develop or enhance their skills.

Here's a list of where you can earn your high school diploma in Ottawa:

Adult High School | Ottawa-Carleton District School Board
300 Rochester St.
adulths.ocdsb.ca

St. Nicholas Adult High School | Ottawa Catholic School Board
20 Graham Ave. and 893 Admiral Ave.
ads.ocsb.ca

École des adultes Le Carrefour | Conseil des écoles publiques de l'Est de l'Ontario
2445 St Laurent Blvd.
carrefour.cepeo.on.ca

Conseil des écoles catholiques du Centre-Est | Ottawa — Donald Street
181 Donald St.
educationpermanente.ca

UNE NOUVELLE ÉCOLE INSPIRÉE DU MODÈLE FINLANDAIS

Le Conseil des écoles catholiques du Centre-Est (CECCE) étant toujours à l'affût des nouvelles avancées dans le domaine de l'éducation et souhaitant offrir une expérience d'apprentissage transformée ouvrira dès août 2017 une nouvelle école élémentaire catholique inspirée du modèle finlandais.

L'offre pédagogique sera en lien avec le curriculum du ministère de l'Éducation de l'Ontario, mais reflétera certaines caractéristiques propres à l'éducation finlandaise. Le CECCE souhaite également que cette nouvelle école devienne candidate au programme du Baccalauréat International (IB), la deuxième école de ce type à l'élémentaire à Ottawa.

CONSEIL DES ÉCOLES CATHOLIQUES DU CENTRE-EST

Une école à l'image du 21e siècle

Dans cette école ouverte sur le monde et sur sa communauté naîtront les écocitoyens engagés et épanouis de demain. Le bien-être, la bienveillance, la saine alimentation, la responsabilité environnementale et le développement d'un regard critique sur le monde y règneront.

Une offre pédagogique qui se distingue

Les parents auront l'occasion de choisir un environnement d'apprentissage dont la pédagogie sera basée sur les plus récentes avancées dans le monde de l'éducation. La nouvelle école offrira entre autres :

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- La promotion d'une saine alimentation ;
- Une éducation sans devoirs ;
- L'implication des parents dans la vie scolaire de leur enfant afin de travailler en collaboration au développement du plein potentiel de chaque élève.

Le CECCE s'assure d'engager chaque élève à apprendre, à poursuivre ses rêves et à bâtir un monde meilleur.

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Photo of Ella Fitzgerald going on display at Washington's National Portrait Gallery

FOOD

Put down the éclair and enjoy a healthy Parisian meal

Sarah Treleaven
For Metro Canada

The city of tastes

Consider the chocolate éclair: the perfect crisp but soft chou pastry meets a rich chocolate cream filling, all topped with a rich chocolate glaze.

This iconic food might be a terrific representation of Parisian indulgence.

Paris has long been a place where food allergies and intolerances were scoffed at (gluten allergies still merit an eye roll), where vegetarian options were few and far between, and where the best food was inextricably connected to nothing more than quality and pleasure.

But the food scene in Paris is changing. The city is finally offering a well-rounded range of delicious and health-conscious food options.

Juice bars are now proliferating, allergen-free and raw food options are showing up on menus and vegetarian restaurants are increasingly considered chic. Here are five satisfying and nourishing selections for the next time you visit the City of Lights:

Tout Organic
The new "Tout Organic" walking tour by Sacrebleu Paris celebrates organic, farm-to-table, gluten-free, vegan and dairy-free foods (and also beauty products) by introducing visitors to off-the-beaten path and highly local businesses.(sacrebleu-paris.com)

Bob's Juice Bar
Bob's — part of a network of health-conscious "Bob's" restaurants — was one of the pioneers on Paris' health food scene, and his cozy little juice bar offers a range of green and cold press juices, protein shakes and dairy-free smoothies. Visitors will also find a small selection of vegetarian muffins, soups and sandwiches. (bobsjuice-bar.com)

Chambelland Bakery
This bakery-café offers a range of gluten-free options, including crusty loaves of bread made with buckwheat and rice flowers, lemon tartlets, bittersweet chocolate cakelets, granola bars and sandwiches in a colourful and sun-dappled room. Bonus: the product list notes any possible allergens, including eggs, dairy and nuts. (chambelland.com)

Sol Semilla
This café-grocery store in the chic Canal Saint-Martin neighbourhood does double duty: customers can find bags of cocoa nibs and ground acai berries, and then stay to enjoy their vegan lunch options, like beautifully layered chia seed puddings, coconut smoothie bowls and spinach risotto with carob powder. (sol-semilla.fr)

Alain Ducasse au Plaza Athénée
Ducasse, one of French gastronomy's biggest names, has removed red meat from the menu at his Michelin-starred restaurant at the Plaza Athénée, moving towards "vegetable forward" cuisine with limited refined sugars. The dishes are based on the "fish-vegetables-cereal trilogy" (think sea scallops, black truffles and select seaweeds spiced with tarragon), which the restaurant calls healthier, more natural, more respectful of the planet. (alain-ducasse.com)

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The Sabres cleaned house by firing GM Tim Murray and coach Dan Bylsma after extending their franchise-worst playoff drought to a sixth year

Just 'another game'

2017 NHL PLAYOFFS
FIRST ROUND

With Bruins on brink Boucher wants Sens to stick to script

Guy Boucher doesn't want the Ottawa Senators to get too wrapped up in eliminating Boston when they take the ice for Game 5 of their first-round series with the Bruins on Friday night.

"I never see them as elimination games," the Ottawa coach said at the team's hotel Thursday morning. "That's my experience. When I start thinking of that, that's where guys get nervous, they get anxious, they want to overdo things, they want to get things done right away in the first five minutes.

"You get totally lost in that kind of excitement, so for me it's we're going to play another game and it's going to be another one-goal game and it's going to be extremely hard. They're going to be at their most desperate — they were desperate yesterday and they're going to be even more desperate the next game, so we have to be extremely ready and prepared for it."

Ottawa, which leads the series 3-1, has history on its side. The Bruins have never come back from a such a deficit to win a series, going 0-for-22.

"Oh my goodness, I couldn't care less about history — history is different people at different times and different circumstances," said Boucher, "so it's all about us right now against the Bruins. They've been a great opponent all year long and we're expecting nothing less the next game — we're expecting a one-goal game, an overtime and really we're just focusing on the first 10 minutes of the next game."

I think you look at the NHL and there's a handful of guys that are able to make those type of plays.

Guy Boucher on captain Erik Karlsson's play to set up Game 4's winning goal

GAME BY GAME

- **Game 1 in Ottawa**
  Bruins 2, Senators 1
- **Game 2 in Ottawa**
  Senators 4, Bruins 3 (OT)
- **Game 3 in Boston**
  Senators 4, Bruins 3 (OT)
- **Game 4 in Boston**
  Senators 1, Bruins 0
- **Game 5 in Ottawa**
  Friday, 7:30 p.m.
- **Game 6 in Boston***
  Sunday, TBD
- **Game 7 in Ottawa***
  Wednesday, TBD

*IF NECESSARY

Senators goaltender Craig Anderson kept Brad Marchand and the Bruins off the scoresheet for his fourth career playoff shutout on Wednesday in Boston. MADDIE MEYER/GETTY IMAGES

Ottawa forward Kyle Turris agreed that the team can't get too far ahead of itself.

"It's important but you're not thinking, 'Oh we have to do this,'" he said. "We're going into next game just thinking the same way we have all series: just playing our system, trying to limit what they get and score on the opportunities we do get to just to kind of give us a chance. If it doesn't happen next game, we're going to do the same thing the game after."

Wednesday night's 1-0 victory gave the Sens a 7-1 record against Boston this season. All the games have been decided by two goals or less, and three of them have gone to overtime.

Asked why these games have been so close, Boucher said: "Because there are two good teams that are going at each other and nobody wants to give up."

Craig Anderson, 8-1 against Boston in his last nine starts, pitched his fourth career playoff shutout and Bobby Ryan scored off yet another nifty play by Erik Karlsson in the third period to give the Senators a sweep of the two games in Boston.

It was Ryan's third goal of the series and his second winner. He has four goals in the last five games following a 13-game goal drought.

THE CANADIAN PRESS

NBA PLAYOFFS

Smith inspired by baby's struggle

Life has given J.R. Smith perspective during a personally trying season.

The pursuit of a championship doesn't compare to the path he's travelled.

For the first time on Wednesday, Smith, the Cavaliers' mostly misunderstood shooting guard, whose tattoos and hard-edged look mask his softer side, spoke in detail about the premature birth of his daughter, Dakota, in January.

J.R. Smith GETTY IMAGES

She's been fighting from the moment his wife, Jewel, gave birth five months early.

"She was no bigger than this (microphone)," he said, recalling the first time he held his tiny daughter.

When she was born, Smith was sidelined with a broken right thumb that required surgery and kept him off the court for three months. Looking back, the injury may have been a blessing for Smith because it allowed him to be where he was most needed with a clear conscience.

Smith said Dakota had her breathing tube removed last month and now weighs 4.7 pounds. Last week, Smith got to feed her with a bottle.

THE ASSOCIATED PRESS

HOCKEY CALGARY

Behaviour training ongoing for parents

Minor hockey parents in Calgary will soon have to take a refresher every four years of an online course designed to limit bad behaviour at the rink.

Hockey Calgary was the first minor sports organization in Canada to introduce the mandatory Respect in Sport course for hockey parents and coaches in 2010. It requires at least one parent from each hockey household to obtain course certification.

This is about making good parents better.

Respect Group co-founder Sheldon Kennedy

Several other minor hockey associations across the country have followed Calgary's lead.

As of May 1, Calgary hockey parents will require recertification every four years. THE CANADIAN PRESS

IN BRIEF

Hernandez's lawyer secures independent autopsy

Aaron Hernandez's top lawyer says he has retained prominent medical examiner Dr. Michael Baden to conduct an independent autopsy.

Jose Baez says Baden is on tap to examine the remains of the ex-NFL star, a convicted murderer who was found hanging in his prison cell Wednesday in Massachusetts.

Baden is a former chief medical examiner for New York City. THE ASSOCIATED PRESS

Woods undergoes fourth surgery on ailing back

Two days after Tiger Woods said his back was progressing, he announced on his website Thursday he has had a fourth back surgery to alleviate pain.

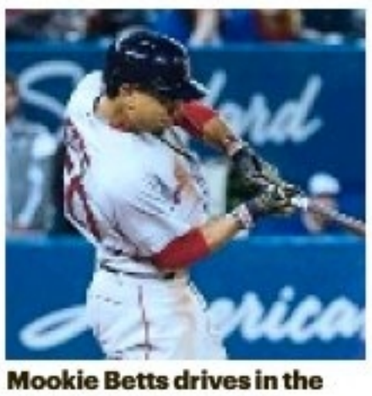
Typical recovery is six months, meaning Woods is likely to go another full year without playing a major.

Woods' last competition was Feb. 3 in the Dubai Desert Classic, where he shot 77 and withdrew because of back spasms.

THE ASSOCIATED PRESS

MLB

Blue Jays take a nose dive in extras



Mookie Betts drives in the game-winning runs on Thursday. TORSTAR NEWS SERVICE

Mookie Betts hit a three-run double off Toronto reliever Jason Grilli in the 10th inning as the Boston Red Sox defeated the Toronto Blue Jays 4-1 on Thursday afternoon.

Grilli (0-2) gave up a single and two walks before Betts cleared the bases by driving a ball into the left-field corner to silence the crowd of 44,283 at Rogers Centre.

In dropping the rubber match of the three-game series, Toronto fell to 3-12. THE CANADIAN PRESS

MAKE IT TONIGHT

Hearty Tuna and White Bean Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

On a day you want to eat light, this fresh salad topped with creamy beans and hearty tuna is the ticket.

Ready in 30 minutes
Prep time: 5 minutes
Cook time: 25 minutes
Serves: 4

Ingredients
- 1 x 5 oz can of tuna
- 1 x 15 oz can of cannellini beans
- 1/4 cup red onion, diced fine
- 4 or 5 radishes, thinly sliced
- 8 or so cherry tomatoes, cut in half
- 1 bunch of arugula, washed, dried and trimmed
- 2 handfuls of fresh basil, washed, dried and trimmed
- 3 Tbsp lemon juice
- 2 Tbsp olive oil
- salt and pepper to taste

Directions

1. In a large-ish bowl, mix together the tuna, beans and onions.

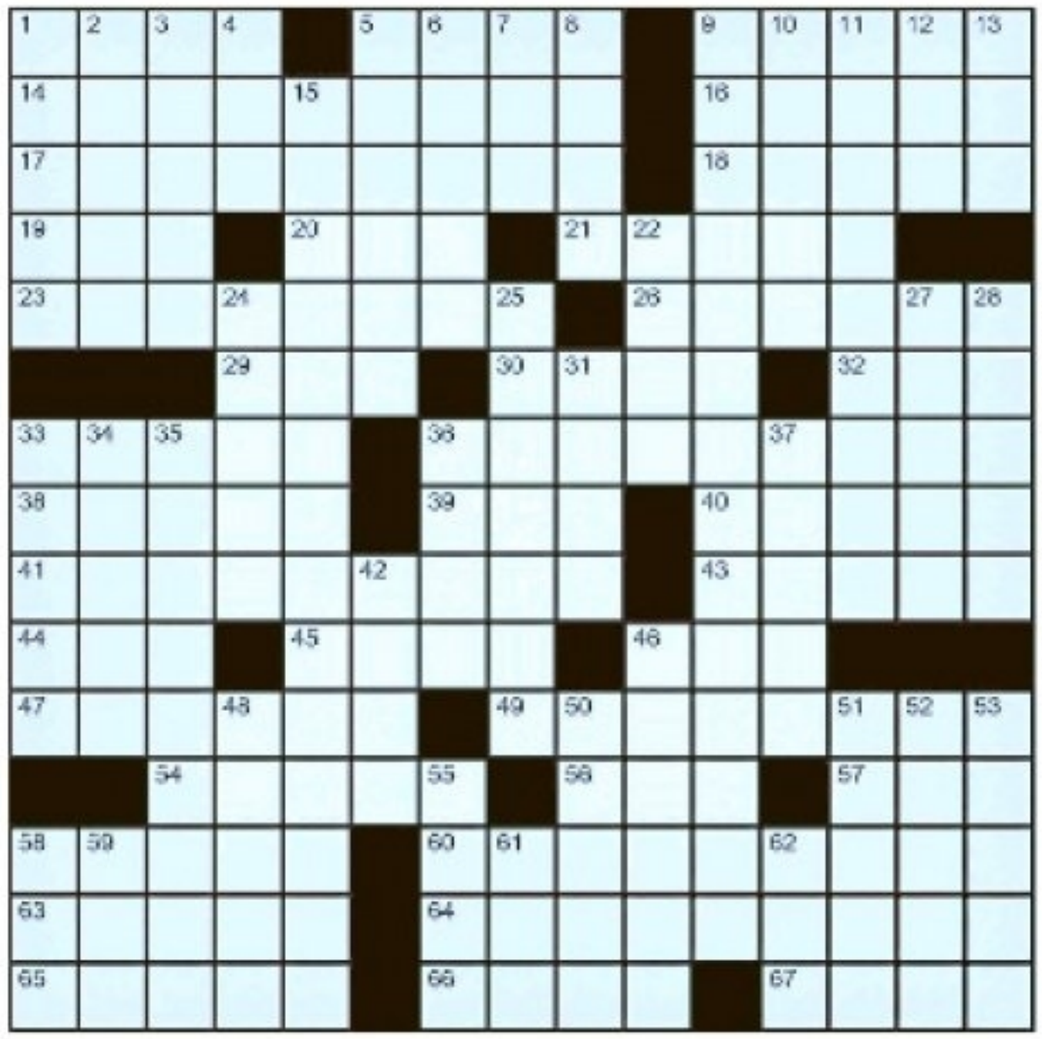
2. In a small bowl, whisk together the lemon juice and olive oil, pour it over your tuna and give a good mix. You don't want to lose all the texture of the tuna, so don't over do it. Taste it and see if you'd like some salt and pepper. Cover with cling film and chill for up to an hour. You can skip this step but it will enhance the flavour.

3. Now it's just an assembly job. You've got four plates. Lay out a handful of greens on each plate, a scoop of tuna deliciousness and then scatter tomatoes and radishes on top.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Nile wader
5. Elvis hit bit: "Well, that's all right now, _..."
9. Orchestra woodwinds
14. Therapeutic
16. 'Seven'-meaning prefix
17. Irregularities
18. Seize forcibly
19. "Ally McBeal" star Mr. Bellows
20. Refusals
21. "__ Majesty's Secret Service" (1969)
23. Catches
26. Floor covering of Japan
29. "The __ Couple"
30. Abbr. aid
32. Hosiery hue
33. Disney deer
36. World-wide-icize
38. Winglet
39. Campaign
40. WKRP's Dr. Johnny who?
41. It's of no importance
43. Spew
44. Moreover
45. Hold a handbag
46. Irish actor Stephen
47. Result to the results: 2 wds.
49. BC's provincial bird, __ Jay
54. Pre-Ford US President
56. Prefix with 'fauna'
57. __ much (Very little)
58. One-of-some in a theatrical act
60. Extremity
63. Greased
64. CFL pre-game partier
65. Authorization
66. Coastal birds
67. Fork-tailed sea bird

DOWN
1. Picture
2. Country in Africa
3. Matinee stars
4. Scottish actor Alastair
5. Term for addressing an English nobleman
6. Flavouring in Greek aperitif Ouzo
7. Ms. West
8. Too
9. Crowbar's classic rock tune: 4 wds.
10. Parisian topper
11. Secret agent
12. Ands, in Montreal
13. Idled
15. Jean top worn simultaneously with a pair of jeans, affectionately: 2 wds.
22. Crash-investigating agcy.
24. Aristocratic
25. Hails the leaders
27. Labyrinths
28. Stagnant
31. TV brand
33. Insipid
34. Separate
35. In a rather humdrum manner
36. Backbone
37. Within the law
42. Ed Sullivan's puppet pal, __ Gigio
46. Parties
48. Has supper
50. Hole-entering golf shot done with ease: 2 wds.
51. Matrikin
52. "Understood."
53. Shock jock Howard
55. Mr. Berkus of TV renos
58. ABBA song
59. The Company org.
61. Up to __
62. Info, briefly

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Don't be down in the dumps if you feel cut off from others or lonely today. Many people feel this way. It's a quick, passing thing. Relax.

Taurus April 21 - May 21
Someone older or more experienced might criticize you today, especially in a group or class. Bummer. Don't take it personally. People say things without thinking.

Gemini May 22 - June 21
This is a poor day to ask parents or bosses for a favor, approval or permission. There's no doubt that the answer will be "Talk to the hand."

Cancer June 22 - July 23
Travel plans might be difficult today. In fact, someone might squelch your idea for future travel. Discussions about politics or religion might be depressing.

Leo July 24 - Aug. 23
Don't ask for support, especially financial, from others today because it will not be forthcoming. People are tightfisted and withdrawn today. (You get the picture.)

Virgo Aug. 24 - Sept. 23
Your feelings might be hurt today, because relationships with partners and close friends are cool and detached. It's just what's happening. Don't make a big deal about it.

Libra Sept. 24 - Oct. 23
Someone more experienced at work might be on your case today. They might criticize you or your work. Obviously, avoid this situation if you can.

Scorpio Oct. 24 - Nov. 22
Children might feel like they are an increased responsibility today, which is naturally hard on you. Likewise, romance might disappoint. Oh well. It's one of those days.

Sagittarius Nov. 23 - Dec. 21
Plans to entertain at home or redecorate might be stalled because of finances or disapproval from someone. Just pull back a little and choose a better time in the future.

Capricorn Dec. 22 - Jan. 20
You might fall into worry mode today. Remember: "Worry is like a rocking chair. It gives you something to do, but gets you nowhere."

Aquarius Jan. 21 - Feb. 19
You will be careful with spending your money today, because you feel a bit broke. This is why if you're out shopping today, you will buy long-lasting, practical items.

Pisces
Feb. 20 - March 20
You might feel cut off from others today, which makes you feel lonely. Many people feel this way today, so it's not just you. It's just this particular day. Tomorrow is a much better day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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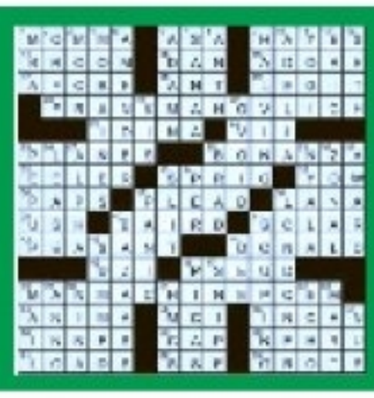

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